

Aerobic & Fitness Week

05.05. - 11.05.2024 (Subject to change)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 Body & Mind Area	PATRICIO TRAVEL BONUS DAY	YOGA FUSION Sava	SUN SALUTATION Rijk	MOBILITY & RELAX Juliana	YING YAN SUNRISE Michael	DYNAMIC STRETCH Taras	
09:00 – 09:55 Step & Dance Area	WARM UP STEP Marta	AERODANCE 4 ALL Luciano	DANCE MADE IN ITALY Piero	STEP EXTRAVAGANZA Carol	STEP AROUND Aymeric	STEP Piero	
09:00 - 09:55 Workout Area	BODY WORKOUT Michael	BAX® Ivam	CIRCUIT TRAINING Juliana	FREESTYLE WORKOUT Aymeric	ATHLETIC CHALLENGE Piero	BODYART® STRENGTH Ivam	GOOD MORNING STRETCH 09:00 - 9:30 Aliya / Body & Mind Area
10:10 – 11:05 Step & Dance Area	STEP SURPRISE Luciano	STEP FUN Aymeric	DOUBLE STEP Luciano	DANCE AEROBIC Marta	STEP ESPANA Carol	ZUMBA® FITNESS Marta	DANCE SENSATION Luciano
10:10 - 11:05 Workout Area	STRONG BACK Sava	KAMIBO® Michael	FULL BODY TRAINING Sava	365 BODY WORKOUT Juliana	PLsT BAsE ABC Fitzroy	FUNCTIONAL WORKOUT Carol	DEEPWORK® Ivam
11:20 - 12:15 Step & Dance Area	ADVANCED STEP Aliya	VERTICAL STEP Carol	AERO DANCE Aymeric	BASIC STEP Aymeric	HOUSE 4 ALL Piero	T-STEP Taras	TOWEL STEP Carol
11:20 - 12:15 Workout Area	BRAZILIAN BOOTY WORKOUT Juliana	PLsT STRENGTH 2 STRENGTH Fitzroy	DEEPWORK® Ivam	METABOLIC PUMP Taras	FUNCTIONAL STEP Luciano	RESISTANCE TRAINING Luciano	STRONG NATION® Marta
12:20 - 13:00 Workout Area	BODYART®STRETCH Ivam		MOBILITY Aliya	ACTIVE RECOVERY Michael	SOUL JAZZ Sava	BOOTY X-PRESS Michael	PLsT BAsE Express Fitzroy
LUNCH BREAK		WELCOME & MEET THE TEAM WORKOUT AREA 15:00-16:00 GROUP PICTURE - WEAR YOUR EVENT SHIRT	EXTRAVAGANZA DANCE 15:00 - 15:30 Sava / Step & Dance Area	AQUA ZUMBA® 15:00 - 15:30 Marta / Club Pool	FUSION DANCE 15:00 - 15:30 Aliya / Step & Dance Area	AQUA GYM 15:00-15:30 Aliya / Club Pool	
16:00 - 16:55 Step & Dance Area	AERO DANCE Carol	ZUMBA® FITNESS Marta	STEP IT UP Aymeric	STEP PRO Aliya	STEP E: MOTION Luciano	STEP Aymeric	FINAL STEP Taras
16:00 - 16:55 Workout Area	45/15 Taras	BODYFIT Aliya	PLsT BAsE CROSS Fitzroy	BODYSHAPE SYMPHONY Michael & Piero	CAPOEIRA FLOW® Ivam	PLsT BAsE BELOW THE BELT Fitzroy	KAMIBO® Juliana
17:10 - 18:05 Step & Dance Area	STEP VIBE Piero	STEP FREESTYLE Taras	LATINO MOVES Ivam	STEP Piero	GLAMDANCE 17:20 - 18:15 Carol / Body & Mind Area	DRESS TO IMPRESS TIME TO DRESS UP FOR THE OCCASION. IT'S OUR GALA NIGHT	FITNESS ADAGIO 17:15 - 18:00 Sava / Body & Mind Area
17:10 - 18:05 Workout Area	PLsT BAsE RAW Fitzroy	MOVEMENT & MEDITATION 17:30 - 18:00 Rijk / Body & Mind Area	BEACH TRAINING Marta & Michael	SUPER SCULPT Aliya	BACK & CORE Juliana		18:30 - 19:30 SUNSET GROOVES BEACHBAR
18:20 - 19:05 Body & Mind Area	DAYO Juliana	18:45 COME TOGETHER EVENING	DYNAMIC STRETCH Taras	FITNESS ADAGIO Sava	RECOVERY FLOW Rijk		
CYCLING* FITNESS FIRST GYM			17:15 - 18:00 Cycling Aliya		11:30 - 12:00 HIC with Fitzroy		
EVENING		21:00 WHITE NIGHT PARTY	21:00 GAME NIGHT	21:00 COPACABANA PARTY	21:00 80S / 90S PARTY	19:30 GALA NIGHT	